



Wild Maine Blueberry Granola Bars

Wild Maine Blueberries are the featured ingredient for May's Harvest of the Month. These granola bars are a healthy alternative to packaged bars, and are full of hearty whole grains and nutrient-rich blueberries! Enjoy on the trail or at home.



School yield: 64 granola bars

Ingredients:

- 10 cups (2 pounds) rolled oats
- 1 ½ cup (12 ounces) vegetable oil
- 3 cups (21 ounces) light brown sugar
- 1 1/3 cup (10.5 ounces) whole eggs,
OR 4 large fresh eggs
- 4 teaspoons vanilla extract
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 3 cups (13 ounces) whole wheat flour
- 6 cups (2 pounds) frozen wild Maine blueberries

Home yield: 16 granola bars

Ingredients:

- 2 ½ cups rolled oats
- 3 Tb vegetable oil
- 2/3 cup light brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch of salt
- 3/4 cup whole wheat flour
- 1 ½ cups frozen wild Maine blueberries

Directions:

1. Mix oats and oil together and spread on baking sheet
2. Bake in 350° F oven for 12 minutes, stirring halfway through
3. While oats are cooling, combine brown sugar, egg(s), vanilla, cinnamon, and salt
4. Beat wet mixture together with a whisk
5. With a wooden spoon or spatula, stir in the flour and cooled oats
6. Mix in the frozen blueberries until incorporated
7. Spread mixture into parchment paper lined, or greased baking tray (size of tray depends on how thick you want the bars. For school yield, use a 12x20x2.5" pan; for home yield, use 12x9" pan)
8. Press mixture down firmly and bake in 350° F oven for 30-40 minutes until edges are lightly brown
9. Allow to cool before slicing into bars
10. Wrap individually or store in airtight container in the refrigerator for up to a week, or frozen for up to three months

